

to the Consumers' League and the Tenement House Department, illustrated the conditions forcing its production and distribution. The hospital facilities of New York city provide for the care of about 1,500 consumptives. The social conditions which favor the growth and spread of the disease, in the case of *windowless bedrooms alone*, are present to the number of 360,000. The chief educational value of the whole exposition lay in the significance of this contrast.

THE AMERICAN TUBERCULOSIS EXHIBITION

By ANNIE DAMER

Nurse in Charge of Outdoor Tuberculosis Relief Work of Bellevue Hospital;
Graduate Bellevue School for Nurses

Wise men tell us that among the aboriginal inhabitants of any country tuberculosis was unknown. No history or tradition gives account of cough, expectoration or hemorrhages among them. Plenty of fresh air, freedom from worry and fatigue, no changes of diet except such as the seasons gave them, to bed with the sun and rising with the same, year after year, they lived on until Mother Nature called them or an enemy speeded them on their homeward way.

In the great building of the American Museum of Natural History in New York city there is gathered one of the greatest collections in the world of anthropological relics, totem poles, skin canoes, models of Indian tents, and cliff dwellings, clothing, household utensils and weapons of war and the chase. In the midst of them for two weeks recently, from November 27 to December 9, there was arranged a display of the weapons and utensils of modern philanthropy against one of the products of our present-day civilization,—“The Great White Plague.”

New York city, with its 30,000 victims of tuberculosis, takes the leading part in the display as it has taken the lead through its Health Department in the movement for the prevention of tuberculosis. A complete exhibit was made of the Department's manifold work,—cards, charts, circulars, showing method of compulsory registration, inspection, fumigation, free clinics, and pictures of the new municipal sanatorium and plans of the city's large tuberculosis hospital to be built on Staten Island. The Tenement House Department showed models of new

tenements, with courts 24 feet wide, and every room lighted, hall with broad stairs, and windows on every landing, now required in all new houses. Side by side were models of old tenements, "double-deckers" and "dumb-bells," dark and noisome, through many of which the district nurse still stumbles. Two rooms attracted much attention, one a dark interior bedroom, with the significant inscription that there are still 360,000 similar ones in New York, crowded with dilapidated old furniture and clothing, in which children are born and men and women die crying out for God's free air, which is denied them. The other room had a large window cut into the wall and was fitted up with plain simple furnishings, showing how it can be changed with the help of the visiting nurse and the orders of the Tenement House Department. These rooms were arranged by the visiting nurses of Bellevue and allied hospitals. Across the hall was another exhibit made by the visiting nurses of Baltimore, pictures showing advantage taken of verandas and back yards, sleeping- and wheel-chairs; a model tent from Johns Hopkins Hospital, and nurses' bags from there and from Cleveland; models of lightness and cleanliness, made of straw, lined with oiled muslin, which could be removed. Boston sent leaflets and reports, and a large exhibit was shown by the Committee of the Visiting Nurse Association of Chicago. Maps of the different wards showed in a very graphic way the distribution of cases. Philadelphia showed what is being done at the Phipps Institute and White Haven Sanatorium. Boston remembers the patient after his return apparently cured, and provides a visitor to secure proper employment, and has a day camp for those who cannot go away.

Maps of Europe with little red dots all round the coasts of France, Italy, Belgium, here and there in England and Spain, showed where seaside sanatoria for children are located. Our country made a poor showing in comparison with its one institution on Coney Island—Sea Breeze, supported by the Association for the Improvement of the Condition of the Poor of New York. Shacks and tents of all descriptions were shown by models; old street-cars fitted up in New Jersey, and beautiful cottages at Liberty and Dr. Trudeau's Sanatorium at Saranac Lake, costing from \$250 to \$4,000.

Vanderbilt Clinic had a case of dolls with all manner of adjusted plaster casts for tuberculosis of joints and bones. Each doll's comfort was immeasurably increased by a strong ribbon "scratch band" inserted next the skin with ends hanging above and below to be drawn up and down to relieve the feeling of itchiness and general uncomfortableness. Window tents and all manner of sputum cups were displayed. A great

object lesson was the system of ventilation, always cool and comfortable while other parts of the building were almost unbearably warm. Several lectures were given—one evening under the auspices of the American Federation of Labor; another, to physicians by men prominent in the movement for prevention of tuberculosis, such as Dr. E. L. Trudeau of Saranac, the pioneer in America; Dr. Frick, of the Phipps Institute in Philadelphia; Dr. Bowditch, of Boston, and Dr. Evans, of Chicago. A third lecture was given to the teachers of the public schools. A great part of the Exhibit was sent immediately to Boston and will later be exhibited in Philadelphia. A travelling exhibit patterned after this larger one will be installed in New York, beginning at Grace Church Parish House, January 3, and remaining at least two weeks in each place.

The lesson from the whole exhibit is the old, old one that "Prevention is better than cure." If you do not want to have tuberculosis go out of doors, live rationally and sensibly, and give others a chance to do the same.

ACTION OF ALCOHOL UPON THE CIRCULATION.—The *Boston Medical Journal* says: "In its tenth volume the National Academy of Sciences published a research upon the action of alcohol upon the circulation," by Drs Horatio C. Wood and Daniel M. Hoyt. Basing their results upon an elaborate series of experiments, the following conclusions are reached: Alcohol does not seriously affect blood pressure in the normal animal; elevates the blood pressure after vaso-motor paralysis from action of the cervical cord; increases enormously the rate of blood flow; directly stimulates the heart; therefore, the general action upon the circulation of the moderate dose of alcohol is great increase in the rapidity of the circulation caused by cardiac stimulation, with vascular dilatation due to depression of the vaso-motor centers. The writers think that the conclusions which they have reached tend to throw much light upon the practical problem of the therapeutic uses of alcohol, since they indicate that certain results supposedly due to direct action of the drug are secondarily produced by the increase of the activity of the circulation. There is at present no sufficient proof that alcohol acts as a direct cerebral stimulant, nor, except in very rare instances, does it augment the working power of the brain. The well-recognized brilliancy of conversation and apparent cerebral stimulation, which alcohol induces, is due not to the direct action of the drug upon the brain, but to the greatly increased cerebral circulation."